

Tips For TEENS

In
Your

Classroom

There are many ways you can use *Tips for Teens* in your classroom. No matter what subject you teach, *Tips for Teens* can provide valuable information to your students and serve as a starting point for creative educational assignments.

English and Reading:

- **The write stuff.** Give writing assignments on the facts, risks, and signs of alcohol, tobacco, and drug use. You may want students to write a report, creative story, or play that addresses these topics.
- **Word wise.** Encourage students to research the origins of drug slang terms.

Science:

- **The brain factor.** What effects do alcohol, tobacco, and drugs have on the brain? Get creative and make a papier maché replica of a brain that has been affected by these substances.
- **What's in that stuff?** Identify the chemicals and ingredients in different household products and compare them to the chemicals and ingredients in illicit substances.

Health and Guidance:

- Students have a lot of questions, but you may not always have the time or resources to answer them fully. Keep *Tips for Teens* on hand to answer students' questions—including the ones they won't ask.

Rainy Day Activities:

- **Put on a play.** When rainy days keep students inside, distribute *Tips for Teens* and ask them to write a play or puppet show to warn younger students about using alcohol, tobacco, and drugs.
- **Word search or crossword puzzle.** Make a word search or crossword puzzle of terms from *Tips for Teens*.

Math:

- **How much is really too much?** Research and chart blood alcohol levels based on body size and alcohol intake.
- **How much is it going to cost?** Smoking is not a cheap habit. Calculate how much a pack of cigarettes costs and how much the average smoker might spend in a given time. Then, make a list of other things you could buy with that cash!

Social Studies/History/Civics:

- **Get talking.** Stage a debate on a topic that focuses on drug use. Encourage students to research and get the facts.
- **International issues.** Alcohol, tobacco, and drugs are produced in countries around the world. Explore these Nations and the role these substances play in a particular country's economic states.
- **Cultural context.** Nations take different attitudes toward alcohol, tobacco, and drugs. Choose a country and explore the cultural context of these substances.

For more information, see our Web site at <http://ncadi.samhsa.gov>

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Q&A

Q. Don't teens receive information on alcohol, tobacco, and illicit drugs in health class?

- A. Although more than 80 percent of States and districts require schools to teach some health education, schools offer less health education as students progress through middle and high school—a period when youth are more likely to begin using alcohol and tobacco. In fact, the percentage of schools offering health education decreases from 27 percent in grade 6 to 2 percent in grade 12.

Q. I don't teach health. How can I incorporate *Tips for Teens* in my classroom?

- A. This brochure contains a variety of activity ideas for multiple subjects. You also may want to turn to a school nurse or health worker for further suggestions.

Q. What topics are covered in the *Tips for Teens* series?

- A. *Tips for Teens* currently addresses a variety of topics including alcohol, tobacco, marijuana, club drugs, heroin, cocaine, HIV/AIDS and STDs, methamphetamine, steroids, inhalants, and hallucinogens.

Info

The bottom line: School nurses, health teachers, and physical education teachers aren't the only educators who can incorporate messages about alcohol, tobacco, and drugs in their classrooms. Teachers of all subjects can address these important topics through regular classroom activities.

Students need to experience physical, mental, and intellectual growth. Start talking to your students today!

Curious about the TV ads of the National Youth Anti-Drug Media Campaign? Check out the Web site at www.freevibe.com or visit the Office of National Drug Control Policy Web site at www.whitehousedrugpolicy.gov.

To learn more about alcohol, tobacco, and illicit drugs or to obtain referrals to programs in your community, contact:

SAMHSA's National Clearinghouse for Alcohol and Drug Information

800-729-6686

TDD 800-487-4889

**línea gratis en español
877-767-8432**

Web site: <http://ncadi.samhsa.gov>



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